



JERSEY TASTES!

RECIPES

Pineapple-Cabbage Slaw

INGREDIENTS:

FAMILY-SIZE

SERVES: 8

PORTION SIZE: 1/2 CUP



- 1 each 8 oz. can Pineapple Tidbits or 1/4 each Fresh Pineapple
- 3 cups Cabbage, finely shredded
(Add some Red/Purple Cabbage for extra color)
- 1 each Carrot, shredded or chopped
- Optional 1/4 cup Craisins or Raisins
- 3 tablespoons Pineapple Juice
- 1/4 cup Mayonnaise

(Reduce fat --- use light or fat-free!)



DIRECTIONS:

- 1** Drain canned pineapple or cut fresh into chunks. Save juice.
- 2** Combine pineapple, cabbage, carrots & craisins or raisins in a bowl.

SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 3/4 CUP



- 1/2 of #10 can Pineapple Tidbits or 1 each Fresh Pineapple
- 2.25 quarts Green/Red Cabbage, finely shredded; Approx. 1.5 lbs.
- 1 lb. Carrots, shredded or chopped; Approx. 5-6 medium
- 1 cup Craisins or Raisins
- 2/3 cup Pineapple Juice
- 3/4 cup Mayonnaise; light or fat free

**Portion Size: 3/4 cup =
1/2 cup Veg/Other; 1/4 cup Fruit**

Check out recipe video:
https://www.youtube.com/watch?v=IDN-p1_kuCs&feature=youtu.be

- 3** Mix together pineapple juice & mayonnaise for dressing.
- 4** Add dressing to cabbage mixture. Toss. Chill.

RECIPES MADE IN COLLABORATION WITH:

